



OBESITY IN ARIZONA, 2006 FACT SHEET



BACKGROUND

According to the Centers for Disease Control, over 30% of adults over the age of 20 in the US are obese. The percent of children who are overweight has tripled in the US since 1980. Overweight and obesity can increase the chance of developing chronic health conditions such as hypertension, type-2 diabetes, heart disease, stroke, gallbladder disease, osteoarthritis, sleep apnea, dyslipidemia (high cholesterol/triglycerides), and some types of cancers (such as endometrial, breast and colon cancers).¹

BODY MASS INDEX (BMI)

In Arizona in 2006, 21% of women had a calculated BMI that indicated that they were overweight, and 18% had a BMI that indicated that they were obese, compared to 25% overweight and 21% obese nationally.²



One in seven high school students had a BMI indicating that they were at-risk for overweight (14%), and 1 in 8 students had a BMI indicating that they were overweight (12%) in Arizona in 2005.³ The percent of high school students at risk for overweight and overweight varied by racial/ethnic group. American Indians had the highest percentage of high school students who were overweight⁴ or were at risk for overweight⁵, with 38.4%. Just under one-third (31.1%) of Hispanic teens were overweight or at risk for overweight, and less than one-quarter (22.3%) of African American teens were overweight or at risk for overweight. Twenty-one percent of White, non-Hispanic teens were overweight or at risk for overweight.

For children age 0-17 in Arizona in 2003, 17% had a BMI indicating that they were at-risk for overweight, and 22% had a BMI indicating that they were overweight, compared to 15% at-risk and 25% overweight nationally.⁶ Children at risk for overweight and overweight varied by ethnic group. Hispanic children in Arizona are more likely to be at risk for overweight (21%) than Hispanics nationally (16%). White non-Hispanic children in Arizona mirror the nation with 15% of children being at risk for overweight. Arizona was similar to the nation with the percentage of children who were overweight, regardless of ethnicity.

¹ <http://www.cdc.gov/nccdphp/dnpa/obesity/index.htm>

² 2006 Behavior Risk Surveillance System, BMI calculated from self-reported height and weight.

³ 2005 Youth Risk Behavior Survey

⁴ High school students who were overweight had a BMI calculated at or above the 95th percentile.

⁵ High school students who were at risk for becoming overweight had a BMI calculated at or above the 85th percentile, but lower than the 95th percentile.

⁶ 2003 National Survey of Children's Health, BMI calculated from primary care giver reported height and weight.



PHYSICAL ACTIVITY

The CDC recommends that a person participate in moderate physical activity (defined as an activity that makes you sweat or breathe hard for at least 20 minutes) 3 or more days per week.⁷ Over half (63%) of high school students in Arizona in 2005 reported participating in moderate physical activity on three or more days of the past week, and over one quarter (28%) reported participating in moderate physical activity on five or more days of the past week. African American teens were more likely to get moderate physical activity on five or more of the last seven days than any other racial/ethnic group, with 34.7%.

In 2003 in Arizona and nationally, three out of four (73%) children age 6-17 participated in moderate physical activity on three or more days of the past week. Half of children reported participating in moderate physical activity on five or more days of the past week, compared to 48% nationally. Hispanic children in Arizona mirror the nation, with approximately 42% of children participating in moderate physical activity on five or more of the past 7 days. White non-Hispanic children in Arizona (55%) were more likely to participate in moderate physical activity on five of the past seven days than children nationally (49%).

NUTRITION

The Centers for Disease Control recommends that a person consume five or more servings of fruits and vegetables per day to maintain optimum health.⁸ In Arizona, 15% of high school students reported eating five or more servings per day of fruits and vegetables in the past week in 2005. American Indians had the highest percentage (27.1%) of teens eating five or more fruits or vegetables a day in the past week compared to all other racial/ethnic groups, followed by African Americans with 25.4%. Fifteen percent of Hispanic teens reported eating five or more fruits or vegetables a day in the past week, followed by White non-Hispanics, with 12.5%.



⁷ <http://www.cdc.gov/nccdphp/sgr/adoles.htm>

⁸ http://www.cdc.gov/nccdphp/dnpa/nutrition/nutrition_for_everyone/quick_tips/fruit_vegetable.htm

BREASTFEEDING

Studies have shown that breastfeeding is a protective factor against childhood obesity, as well as many chronic diseases such as diabetes and asthma.⁹ Additionally, studies have also shown that the extent and duration of breastfeeding has been found to be inversely associated with childhood obesity.¹⁰¹¹¹² According to the Mother's Survey, produced by the Ross Products Division of Abbott Laboratories, in 2005 in Arizona, 73.5% of infants were breastfed at hospital discharge, dropping to 36.8% of infants being breastfed at 6 months. For comparison, nationally, 66.3% of infants were breastfed at hospital discharge, dropping to 32.8% of infants being breastfed at 6 months.¹³



According to the National Immunization Survey on 2004 births, 84.8% of Arizona infants were ever breastfed, compared to 73.8% nationally. Slightly less than half (46.5%) of infants were still breastfed at 6 months, and just under one-quarter (23.4%) were still breastfed at 12 months. Over one-third (38.8%) of infants in Arizona were exclusively breastfed through 3 months, and 14.3% were exclusively breastfed through 6 months, compared to 30.5% at 3 months and 11.3% at 6 months nationally. The results of the National Immunization Survey show that while the rates of breastfeeding initiation and duration have increased since 2000, the rates of exclusive breastfeeding fell well below the Healthy People 2010 target rate. This is true for exclusive breastfeeding rates in Arizona, as well as the nation.

⁹ http://www.cdc.gov/nccdphp/dnpa/pdf/guidance_document_3_2003.pdf.

¹⁰ Agras SW, Kraemer HC, Berkowitz RI, Hammer LD. Influence of early feeding style on adiposity at 6 years of age. *J Pediatr*.1990; 116 :805 –809

¹¹ Gilman MW, Rifas-Shiman SL, Camargo CA Jr, et al. Risk of overweight among adolescents who were breastfed as infants. *JAMA*.2001; 285 :2461 –2467

¹² Hediger ML, Overpeck MD, Kuczmarski RJ, Ruan WJ. Association between infant breastfeeding and overweight in young children. *JAMA*.2001; 285 :2453 –246

¹³ Mothers Survey, Ross Products Division of Abbott